THE

"Wear-Ever"

NEW METHOD OF COOKING

INSTRUCTION BOOK

THE ALUMINUM COOKING UTENSIL COMPANY

New Kensington, Pa.—Oakland, California

CONTENTS

		PAGE
PART ONE		
I	Aluminum is Friendly to Foods	3
II	Proper Cooking Essential to Health	4
III	Vitamins—The Guardians of Health	5
IV	Saves Flavor—Builds Health	6
V	How the New Method of Cooking Started	7
VI	How New Method Equipment Is Made	8
VII	How to Cook By New Method	9
VIII	How to Regulate Your Range	10
IX	How to Clean New Method Utensils	13
PART TWO		
I	Vegetables Cooked Without Water	14
II	Fresh Vegetable Recipes	17
PART THREE		
I	Meats Cooked the New Method Way	24
II	Meat Recipes	27
III	Fowl Recipes	32
IV	Fish Recipes	33
PART FOUR		
I	Fruits Cooked Without Water	34
II	Fruit Recipes	36
PART FIVE		
I	Dried Foods, New Method Steaming	38
II	Dried Food Recipes	41
PART SIX		
I	Baking, New Method	44
II	Baking Recipes	45
PART SEVEN		
I	An Invitation to Breakfast	54
II	Breakfast Recipes	57
PART EIGHT		
I	Combinations of New Method Equipment	59
II	"Wear-Ever" New Method Guarantee	63

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Aluminum Cooking Utensil Company

ALUMINUM

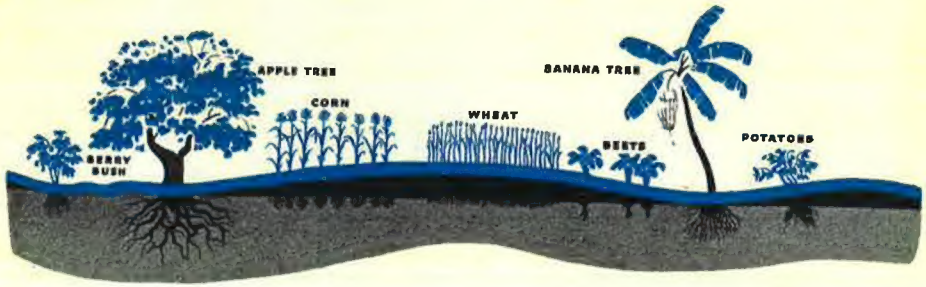
IS FRIENDLY TO FOODS

ALUMINUM, so geologists tell us, is the most abundant of all the metallic elements found in the earth's crust. In fact, approximately 8% of the surface layer of the earth is aluminum, while only about 5% is iron. Thus, it is easy to understand why aluminum plays such an important part in the lives of the human race.

Yes, aluminum is friendly to food. Scientists tell us that it forms a part of practically all food we eat, even drinking water. It is found, in minute quantities, in such common foods as potatoes, oranges, apples, meats, and milk, to name only a few.

And so, you see, your daily diet includes a certain amount of aluminum along with the other essential mineral elements such as iron, calcium, magnesium, phosphorus, etc.

Aluminum, then, is the most nearly ideal among all the materials which are practical for the manufacture of cooking utensils. Like china or glass it does not affect food color, flavor or wholesomeness.



PROPER COOKING ESSENTIAL TO HEALTH

GIVEN good food and good cooking utensils with which to work, the chief concern of the housewife should be with a method of cooking that will insure a tasty, wholesome meal for the members of her family. The "Wear-Ever" New Method of Cooking gives her that assurance.

Like the architect who uses only tested materials of proven strength combined with sound methods in the construction of a building, so the user of the New Method of Cooking is putting into the building of her family's health only food that will do its part to make strong, healthy bodies.

The New Method of Cooking, as proved by countless tests and scientific analyses, actually retains in the cooked food most of the valuable mineral elements and vitamins usually lost by ordinary methods.

Use the New Method utensils according to the simple instructions given in this book and you will do much toward maintaining the health of your family.

The world-famous Dr. Charles Mayo, of Rochester, Minn., once said:

"The average housewife peels her vegetables, thus throwing away the part directly underneath the skins containing the most plentiful amount of mineral salts—then the remaining portion is boiled and the water which has dissolved out *more* minerals is thrown away."

VITAMINS—THE GUARDIANS OF HEALTH

MUCH has been written on the subject of Vitamins but few people understand their relation to health. From the wealth of scientific material available we have selected the following simple facts which any housewife can apply to the daily planning of her family's meals:

Vitamin A—This vitamin promotes bodily growth and aids in preventing infection. Excellent sources are:

spinach	yellow corn	butter fat
carrots	cream	egg yolks

Vitamin B—Necessary for the growth and maintenance of healthy nerve functions. Improved appetite and better digestion of food can result from the presence of Vitamin B in your food. Excellent sources are:

liver	whole grain cereal	brown rice
leafy vegetables	whole wheat	yeast

Vitamin C—Strong bones and perfect teeth can best be built and maintained by ample quantities of Vitamin C. It also stimulates appetite and growth. Excellent sources are:

grapefruit	lemon	spinach	tomatoes
berries	orange	cabbage	

Vitamin D—Proper quantities of Vitamin D make it possible to get the most value from the natural lime and phosphorus in your food. All are essential in the development of strong bones and teeth. Excellent sources are:

cod-liver oil	butter	egg yolk
halibut-liver oil	cream	

All four of these vitamins are protected when your food is cooked without water and at a low temperature—the principle of the New Method of Cooking.

THE BALANCED MEAL

The ideal balanced meal is one from which we get sufficient quantities of the natural mineral elements and the essential vitamins. Here is a simple system of assuring a balanced meal:

One vegetable from above the ground
One vegetable from below the ground
A salad (fruit or vegetable)
A meat (sea food at least once a week)
A dessert of ice cream or fruit with milk
A beverage; should include milk

SAVES FLAVOR—BUILDS HEALTH

GOOD health is the first requisite of happiness. What your family eats and how their food is prepared is vitally important in determining their well-being.

Many people—and particularly children—do not like the taste of fresh vegetables which have been cooked by the boiling method. The reason is because the mineral salts and the sweet vegetable sugars which impart flavor have been dissolved in the water and thrown away.

After extensive tests at the University of Wisconsin a bulletin was issued (Journal of Home Economics, Vol. 17, No. 5) in which was revealed startling facts relative to the mineral losses in vegetables cooked by various methods.

The following table is taken from that report:

AVERAGE PERCENTAGE OF MINERAL LOSSES FOR ALL VEGETABLES

	Stewing	Boiling	Steaming	Pressure Cooking
Iron	40.1%	48.0%	21.3%	17.4%
Calcium	20.3	31.9	10.7	12.0
Phosphorus	29.9	46.4	16.7	19.4
Magnesium	31.8	44.7	17.6	21.1

	Phosphorus lost when boiled in little water	Phosphorus lost when twice as much water was used	Calcium lost during boiling	Magnesium lost during boiling
Beans	21.4%	27.6%	....	....
Cabbage	45.0%	60.0%	60%	76%

In New Method cookery, vegetables, either in their skins or merely scraped, are cooked without the addition of water, thus all goodness and flavor is retained. For this reason New Method vegetables taste better.

HOW THE NEW METHOD OF COOKING STARTED

FOR many years experts engaged in the study of dietetics have agreed that the best method of preparing healthful foods would permit cooking without added water at low temperatures in order to prevent the loss of valuable natural mineral elements. But, until the development of thick sheet aluminum, suitable utensils for the purpose were not to be had.

Recognizing this situation, The Aluminum Cooking Utensil Company, some 15 years ago set out to design and make an equipment for the home kitchen that would enable any housewife to give her family the kind of food which the scientists agreed they should have.

Consultation with nationally known Food Institutes, hundreds of experiments in factory and kitchen, checking and re-checking of sizes, thicknesses and whatnot, followed. Sample utensils were made, tested, discarded and new ones took their place. Theory had no place in our work, facts were all that mattered.

At last, after months of experimentation, the equipment was developed which today we know as the "Wear-Ever" New Method of Cooking. Proper capacities, correct thicknesses of metal, efficient covers and handles, all brought together into a unit which any housewife can easily use with successful results.

And the work is still going on. At our factory in New Kensington, Pa., we maintain a modern Test Kitchen under the direction of Margaret Mitchell. A staff of Home Economists devotes its time to the constant study of our utensils, ever seeking for improvement. Complete menus are prepared and cooked in New Method utensils under their supervision; new dishes are developed; cooking suggestions are made available to users through our force of Distributors.

Your questions about cooking will be gladly answered. You need only write to the Test Kitchen.

HOW NEW METHOD EQUIPMENT IS MADE

"WEAR-EVER" New Method utensils are made of the proper thickness of metal and correct capacities to accomplish the purposes for which they are intended. They are the result of using the best materials combined with skilled workmanship.

In the manufacture of hard, thick, sheet aluminum cooking utensils, the metal is first melted and poured into a rectangular slab or ingot of a size convenient for rolling. Huge steel rolling machines reduce the thickness of this slab, converting it into sheet metal of varying thicknesses. This "cold-rolling" process hardens the metal, thus assuring utensils that will withstand for years and years the severe service of daily household use.

The sheet metal is then cut into various sizes and shapes for forming into cooking utensils. Stamping presses, with enormous pressure, draw the metal into the desired shape without seams. Sometimes several drawing or stamping operations are necessary. "Wear-Ever" utensils are made of one continuous piece of metal. Durable handles and other fittings are attached, and the completed utensil is given the bright, lustrous finish you will find, with the exception of inside parts, on every piece of New Method equipment.

"Wear-Ever" utensils are built for service!

Pouring Ingot | Cold Rolling Sheet | Utensil Inspection

HOW TO COOK BY NEW METHOD

SINCE the "Wear-Ever" New Method Equipment is designed to cook foods at moderate temperatures with a minimum amount of fuel, the proper regulation of heat is the most important factor in achieving successful results.

No matter what type of range you may have you can prepare delicious foods by this method if you will follow simple instructions. Of course, ranges vary somewhat in operation but one or two experiments will show you how to get the best results in your own kitchen.

Here are two fundamental rules for cooking by the New Method:

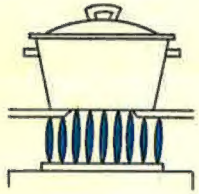
1. Start all foods (except meat) on "medium heat." When the cover is hot to the touch, reduce the heat to "low." "Hot to touch" means the cover will sizzle when touched with a moistened finger. At this point the vapor will begin to escape around the cover indicating the food has reached the proper cooking temperature. This is the time to reduce the heat.

2. Best results are obtained when the utensil is full, or at least two-thirds full of food. (Note: Frequent removal of the cover while cooking allows the escape of natural food moisture. Keep the utensil covered except when *necessary* to see progress of cooking.)

REMEMBER THIS RULE . . . .

Take it easy on heat!

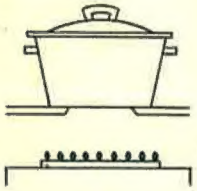
Remember to *start* the cooking of all foods, except meats, on medium heat. Keep the heat at this point until your fingers tell you that the cover is hot. Then turn to low.



IF YOU HAVE A GAS RANGE

1. Use Full Flame (Wide Open):
   For searing steaks, chops and roasts.

2. Use Medium Flame (Slightly Less Than Half):
   For pan broiling steaks and chops after they have been seared.
   For starting fresh fruits and vegetables, until cover becomes hot to the touch (about 5 minutes).
   For steaming dried fruits and vegetables over water until water reaches boiling point.

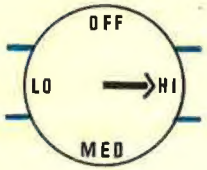


3. Use Low Flame (Barely Visible—Very Lowest):
   For cooking of fresh fruits and vegetables after cover has become hot to the touch.
   For cooking roasts after they have been seared.
   For steaming dried foods after water has reached boiling point.

NOTE: If vapor escapes between cover and pan, flame is not sufficiently low and should be reduced further.

IT'S EASY WHEN YOU LEARN

The "Wear-Ever" New Method Equipment can be used on any range. The important thing to keep in mind, first, last, and all the time, is that *you must not use too much heat.* Save heat and you will save money.



IF YOU HAVE AN ELECTRIC RANGE

Use "High":

For searing steaks, chops and roasts.

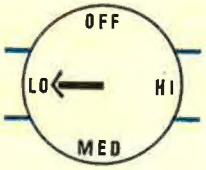
Use "Medium":

For pan broiling steaks and chops after they have been seared.

For starting fresh fruits and vegetables until the cover becomes hot to the touch.

For steaming dried foods over water until water reaches boiling point.

Use "Low":



For cooking fresh fruits and vegetables after the cover has become hot to the touch.

For cooking roasts after they have been seared.

For steaming dried foods after water has reached boiling point.

NOTE: If low is too hot and vapor escapes around side of cover, turn switch "off" during last 5–10 minutes of cooking.

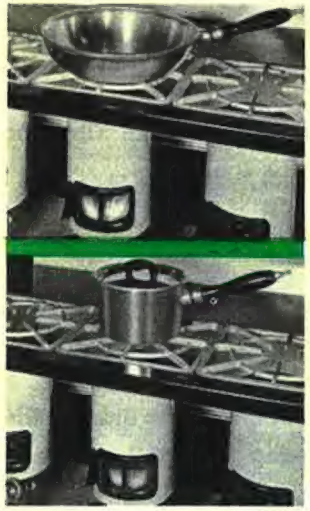
THE GOOD COOK CONTROLS HEAT

Able cooks prepare food masterpieces on all kinds of ranges. Any type of range—if it is reasonably efficient at all—will serve for the "Wear-Ever" New Method Equipment.

IF YOU HAVE A COAL RANGE

1. Use First Section Over Fire Box:
   For pan broiling steaks and chops.
   For searing roasts.
   For starting fresh fruits and vegetables until cover becomes hot to touch.
   For steaming dried foods until water in bottom pan reaches boiling point.

2. Use Back of Stove or Less Heated Section:
   For cooking roasts after they have been seared.
   For cooking fresh fruits and vegetables after cover has become hot to the touch.
   For steaming dried foods after water in bottom pan reaches boiling point.



IF YOU HAVE A KEROSENE RANGE (Wick Type)

Use Full Blue Flame (No Yellow Tip):
For searing steaks, chops and roasts.
For cooking roasts until they are one-fourth done.
For starting fresh fruits and vegetables until the cover becomes hot to the touch.
For steaming dried foods over water until water reaches boiling point.

HOW TO CLEAN NEW METHOD UTENSILS

"WEAR-EVER" New Method utensils can be kept clean and bright with a minimum amount of work—*if* you will devote a few minutes each day to the care of those you use. Ordinarily, cleaning with pure soap and hot water is all that is necessary, aided by a light scouring with "Wear-Ever" cleanser.

Some soaps and cleansers contain strong alkalis, such as caustic soda, sal soda or potash, which injure the appearance of aluminum. Generally speaking, cleaning compounds that do not injure the hands will not injure aluminum.

A good rule to follow is: Rub your utensils with "Wear-Ever" Cleanser *every time they are used.*

PITTING

Pitting of aluminum utensils is caused usually by the presence of other metals in water or food, small quantities of which are deposited on the inside surface of the pan during the cooking and not thoroughly removed during the cleaning process. Pitting may occur in any metal utensil under certain conditions. If pits appear in your New Method utensils remember they will not affect the quality of the food nor do they destroy the life or usefulness of the utensil. Pitting can be avoided or greatly retarded by *regular* cleaning with "Wear-Ever" Cleanser.

Meats

THE NEW METHOD WAY

TOP STOVE ROASTING

Meat, by building tissue and providing heat for the body, furnishes us with much of the energy we use in our daily tasks. Both children and adults enjoy meat for its pleasing taste. Our chief problem in preparing meat, then, is to make it tender and juicy and see that it loses none of its flavor. Excessive heat shrinks meat and cooks away much of its savory goodness. "Wear-Ever" New Method equipment has been designed with painstaking care to prevent just this. Using New Method top stove roasters, lamb, beef, pork and fowl can be prepared with less heat than once used and with a minimum loss of bulk and flavor. "Wear-Ever" New Method brings a better and more economical roast to your table.

GENERAL DIRECTIONS

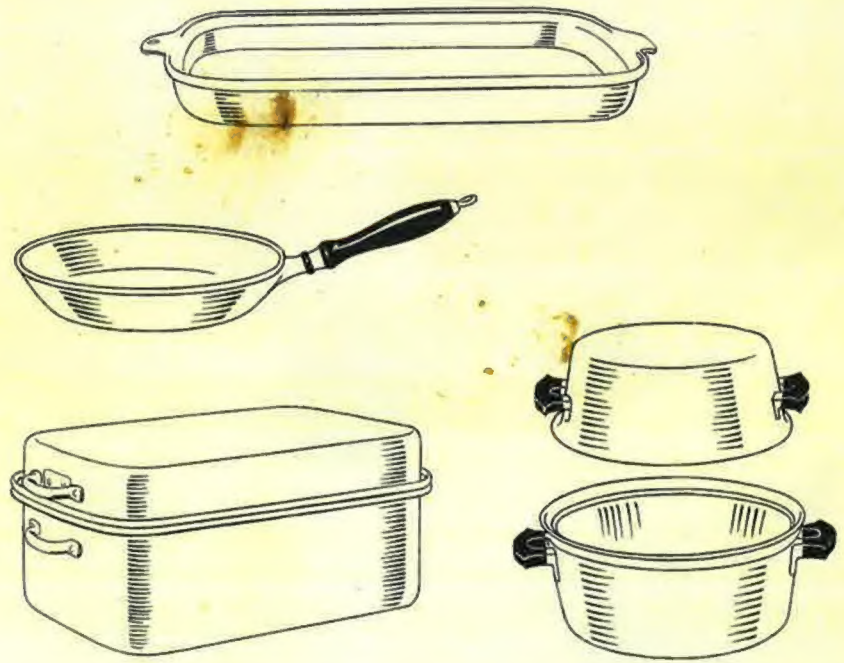
1. Place No. 1294 pan over high heat.
2. Put a small piece of white paper in bottom; when this turns a deep brown the pan is ready for use.
3. Remove the paper and place meat in the pan.
4. Sear on all sides, brown thoroughly, about 10 minutes on each side.
5. Reduce the heat to medium, cover pan with the No. 1294 shallow cover if roast is small or the No. 1298 pan if the roast is large.
6. If very brown meat and gravy are desired cook on a medium heat 5-10 minutes after adding cover, then reduce heat.
7. New Method top stove roasting requires about the same length of time as oven roasting.
8. Salt or any other seasoning may be added either during or at the end of the cooking process.

PAN BROILING—WITHOUT GREASE

Broiled meats have a well-deserved popularity, but oven broiling is frequently inconvenient. With the New Method of Cooking you may broil chops or steaks without additional grease and with substantially less heat than ordinary methods require. You can have brown tender juicy steaks with no greasy compound to interfere with your digestion and no extra work to interfere with your good disposition.

GENERAL DIRECTIONS

1. Heat No. 1410 Broiling Pan over a high heat until a small slip of white paper placed in the bottom turns brown.
2. Place meat in pan, sear on both sides.
3. Reduce heat to medium and cook meat to taste, turning it several times.
4. Season with salt and pepper. Butter if desired.



FRIED CHICKEN, SOUTHERN STYLE

2 young chickens, halved
Salt and pepper
Flour for dredging
½ cup butter
2 cups white sauce made with half milk and half cream
Use No. 1410 broiling pan

1. Clean fowl, plunge in cold water, drain but do not wipe dry.
2. Rub with salt and coat as thickly as possible with flour.
3. Melt butter and cook chicken over very low heat in No. 1410 until meat is delicately browned and very tender.
4. Serve with white sauce.

CHICKEN MARYLAND

2 young chickens
Salt and pepper
Flour for dredging
1 egg, well beaten
1½ cups dry crumbs
½ cup butter
3 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
1½ cups milk

1. Cut up chickens and rub with salt, pepper and flour.
2. Dip in beaten egg and roll in crumbs.
3. Melt butter in No. 1294 roaster and add chicken. Cover with No. 1298.
4. Bake over low heat for approximately 45 minutes. Turn occasionally to insure even browning.
5. Remove to hot service platter and make gravy of remaining butter, with flour, salt, pepper and milk.
6. Strain gravy through No. 8 vegetable press to remove particles of bread crumbs and egg. Serve over rice.
7. Serves eight.

NEW METHOD ROAST TURKEY

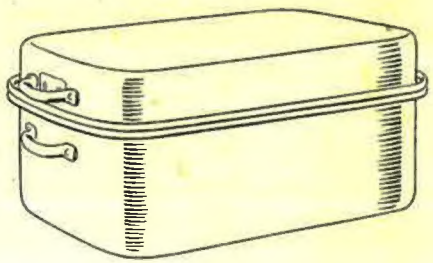
12-pound turkey
Stuffing
Fat
Salt and pepper
Flour

1. Wash, singe, and draw the bird, rub with salt and pepper inside and out, and stuff with turkey stuffing.
2. Truss and tie the fowl. Grease it well, dredge with flour and place on rack in No. 2225 roaster which has been preheated 15 minutes.
3. Sear the entire bird well, then reduce heat to medium and continue roasting 20 minutes to the pound.
4. Serves eight.

TURKEY STUFFING

½ pound pork shoulder
2 tablespoons butter
½ cup chopped celery
2 tablespoons onion, minced
2 tablespoons parsley
1 cup diced raw apple
½ cup seedless raisins
4 cups bread diced
½ teaspoon poultry seasoning
1 teaspoon salt
¼ teaspoon pepper

1. Stew pork until tender. Cut into small pieces.
2. Melt butter in No. 1410, cook celery, onion, and parsley in butter three minutes. Add apple and raisins.
3. Add bread and seasonings.
4. Stuff turkey and sew up.



FISH

BAKED LAKE TROUT

1 fish weighing 2 to 3 pounds
Filling follows:
2 cups dry bread crumbs
¾ teaspoon salt
1 small onion, chopped
⅓ cup celery
1 tablespoon lemon juice
½ cup melted butter
1 tablespoon parsley, cut fine
1 tablespoon A-1 sauce and just sufficient water to hold together

1. Clean fish—bone, remove head and tail.
2. Dry thoroughly and sprinkle with salt on the inside.
3. Mix ingredients for stuffing in order given and pack lightly into fish.
4. Sew up opening and cover with slices of salt pork or bacon strips.
5. Bake in large roaster on Aluminum Foil 45 minutes to one hour at a moderately high temperature. Open valve on lid during last 15 minutes of baking. If foil is not used, grease baking pan.
6. Serve with Yukon Sauce. Serves four to six.

YUKON SAUCE

3 tablespoons butter
5 tablespoons flour
2 cups boiling water
¼ cup butter (cut in small pieces)
½ teaspoon salt
1 tablespoon lemon juice
1 tablespoon finely chopped parsley

1. Melt butter in 1- or 1½-quart vegetable pan.
2. Add flour and blend well.
3. Add water gradually, stirring constantly and cooking until smooth or of medium thickness.
4. Beat in butter.
5. Season with salt, lemon juice, and parsley.

BROILED FISH

1. Clean and split fish. Season liberally with salt and pepper. Rub with butter. Trout, halibut, or whitefish are nice for broiling.
2. Heat No. 1410 broiling pan over a medium heat until slip of white paper placed in bottom turns brown.
3. Melt 2 tablespoons butter in pan and place fish, skin side up on broiler. Reduce heat to medium.
4. Broil approximately 15 minutes.
5. Fillets of fish are nice broiled in No. 1410.
6. Fish dressed with egg and bread crumbs may be cooked in No. 1410, but more hot grease is required.

OYSTERS

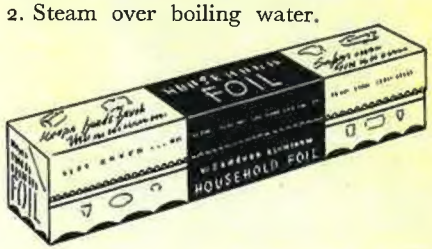
1 pint oysters
2 tablespoons butter
Well-seasoned bread crumbs

1. Clean oysters, sprinkle on both sides with salt.
2. Take up by tough muscle with silver fork and dip into well-seasoned cracker crumbs.
3. Melt butter in No. 1410 pan. When hot, add oysters.
4. Brown on one side, turn, and brown on other.
5. Serve at once, very hot.

STEAMED FISH

Fish with dry meat is best for steaming as the flesh will remain very firm.

1. Place on No. 1298 rack in No. 1294 pan. Season and dot with butter.
2. Steam over boiling water.



BREAKFAST

NEW METHOD SCRAMBLED EGGS

2 tablespoons butter
4 eggs

1. Melt butter in No. 1410.
2. Blend eggs together by beating lightly.
3. Pour into pan. Turn lightly with wooden fork until they set. Do not over-cook. Very little time is required to set the eggs and due to the stored heat in the pan they continue cooking after being removed from the fire.
4. Season when served.

BACON

1. Place strips of bacon, depending on amount desired, on a cold No. 1410 broiler, No. 2223 utility pan, or No. 137 double fry pan. Heat pan slowly until broiling starts, then turn strips frequently until done to the desired crispness.
2. Drain on heavy paper. Serve with eggs which may be cooked in the bacon grease over a low heat.

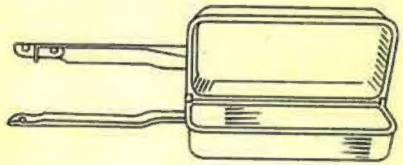
NEW METHOD SAUSAGE

1. Heat No. 1410, No. 2223, or No. 137 pan over high heat. No additional grease is needed.
2. Prick the skin on the sausage with a fork to prevent bursting.
3. Put sausage in hot pan and reduce heat to medium. Turn frequently until brown.
4. If No. 137 double fry pan is used, eggs may be scrambled at the same time the sausages are being broiled.

OLD FASHIONED BUCKWHEAT CAKES

1 packet compressed yeast
About 1 quart luke-warm water
2 teaspoons salt
2 tablespoons sugar or molasses
2 cups buckwheat flour
2 cups wheat flour (all purpose)
6 tablespoons melted shortening
½ teaspoon baking soda

1. Pour 1 cup of the water over yeast and let stand about 10 minutes. Dissolve salt and sweetening in remaining water and add to it dissolved yeast. Blend liquid mixture with two flours which have been well mixed. Add shortening until smooth.
2. Let rise until full of bubbles. This will take about an hour or more, depending on the temperature. Then dissolve soda in 2 tablespoons warm water and stir into batter. Bake thoroughly on heated griddle. Serve with butter and syrup.
3. If cakes are wanted for breakfast, prepare batter at night, using only ½ packet of yeast. Add soda in the morning before baking.



COMBINATIONS OF NEW METHOD EQUIPMENT

Cooked fresh fruits. Soups or stews. Small quantity jam or jelly.
Steamed dried foods or puddings. Tube cakes, roasts, Dutch Oven dinners, stews.
Steamed dried foods or puddings. Roast meat. Tube cakes.
Pan broiled steaks, chops, fish, or fowl. Steamed dried foods or puddings. Upside-down cake, corn bread, gingerbread, etc.
Cooked small fresh vegetables. Vegetable and meat sauces.
Small roasts, stews. "Dutch Oven" meals.
Pan broiled steaks, chops, fish, or fowl. Steamed dried foods or puddings. Upside-down cake, corn bread, gingerbread, etc.
Cooked medium-size fresh vegetables. Vegetable and meat sauces.
Cooked bulky fresh vegetables. Vegetable and meat sauces. Soups or stews.
Pan broiled steaks, chops, fish, or fowl. Upside-down cake, corn bread, gingerbread, etc. Roast meat or fowl.
Steamed dried foods or puddings. Tube cakes. Roast meat or fowl.

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Steamed dried foods or puddings. Roast meat, stews, Dutch Oven dinners. Tube cakes.

WEAR-EVER
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TRADE MARK
REG. U.S. PAT. OFF.

FOR OVER A THIRD OF A CENTURY "WEAR-EVER" HAS GIVEN SATISFACTORY SERVICE IN MILLIONS OF HOMES

"Wear-Ever" utensils have rendered satisfactory service in millions of homes—and in thousands of hotels and hospitals and sanitariums in all parts of the United States—and the number is increasing constantly.

The "Wear-Ever" New Method Equipment not only assures wholesome food, but fits every modern kitchen color scheme—for silver-like aluminum is one color that harmonizes with every other color.

OUR GUARANTEE. As manufacturers we guarantee "Wear-Ever" utensils to be satisfactory in material and workmanship when placed in the customer's hands. We do not guarantee utensils against misuse or accident.

The "Wear-Ever" trade-mark assures that every utensil bearing it is of highest quality and most suitable for the purpose for which it was made.